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REPORT

92

OF A CONSULTATION IN

PAKISTAN

# THE ROLE OF HOME ECONOMICS IN FAMILY PLANNING

AUGUST 16 - 20, 1972

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CONSULTATION IN PAKISTAN

August 16 - 20, 1972
Marjory Wybourn with Dr. Zahida Amjad Ali, Principal
College of Home Economics
Karachi

PURPOSE OF VISIT:

The visit was requested by Mrs. Amjad Ali to explore the procedures and feasibility of the Pakistan Home Economists becoming involved in the AHEA Family Planning Project.

CONFERENCES:

August 16: Dr. Amjad Ali

Dr. M. A. Kazi, Secretary
Department of Education
Government of Sind

Dr. (Mrs.) Asma Khan
Central Family Planning Board
Training Village Workers

August 17: Dr. Amjad Ali

Mr. Muhammed Ali
Director of Education
Karachi

Mr. Charles B. Weinberg
Area Development Advisor
USAID, Karachi

August 18: Islamabad

Mr. Robert Y. Grant
Population Officer
USAID, Islamabad

Mr. Maqbool Ahmad Sheikh
Deputy Secretary
Family Planning Division
Central Secretariat, Islamabad

Dr. Stephen Thomas.
Medical Officer
USAID, Islamabad

Mr. William R. McIntyre
Chief, Food and Nutrition Division
USAID, Islamabad

August 19: Mr. Abdul Ali Khan
Officer on Special Duty
Ministry of Education and Provincial Coordination
Central Secretariat
Islamabad

Mr. Robert Y. Grant

Mrs. Amjad Ali - Final Conference.

HOME ECONOMICS OVERVIEW:

The key home economists in Pakistan are in the three Colleges of Home Economics -- Karachi, Lahore and Peshawar. The Karachi college has approximately 900 students enrolled and the Lahore college about 500 students. Degrees awarded are B.Sc., B.Ed. (one additional year beyond B.Sc.) and the M.Sc. in several subject areas.

Home economics courses are offered as electives in some liberal arts colleges but the only professional preparation is in these three colleges. There are no training schools, vocational or technical schools for home economics in Pakistan. A degree from these Colleges of Home Economics in Pakistan is regarded highly by the middle and upper class. It is very desirable education for women, particularly for their role in marriage. However, some ministry personnel and others would like to see the girls become more interested and involved in welfare of families in Pakistan. One of the Ministry of Education men interviewed said, "Too many of the girls just become Begums".

The graduates of these schools possibly represent a large resource of untapped "woman power" in Pakistan.

Home economics teaching provides almost the only source of professional employment for the graduates at present. Home economics in the schools takes two forms. The home economics "group" may be elected in some high schools -- offered in ten of the Karachi schools. This comprises the major portion of the high school study, with some required courses such as language, science and humanities. Home economics courses are offered as electives in other high schools. Some home economics is required in the 6th, 7th and 8th grades -- for girls only. There is an inactive home economics association composed of graduates and faculty from the three colleges. There is no community development, extension or youth program for home economics in Pakistan. Home economists do not hold ministry positions.

*Therefore, the contact for involvement in the AHEA Family Planning Project would be with the three Colleges of Home Economics.

CONFERENCES:

Dr. M. A. Kazi, Education Secretary, Sind

Mrs. Amjad Ali discussed the Project objectives and her interest in participating. Dr. Kazi seemed very interested and reacted favorably to the possibilities. He clarified procedure for securing approval.

Dr. (Mrs.) Asma Khan, Central Family Planning Board

Mrs. Khan has been responsible for training programs for village level workers in family planning and health care. Since 1965 over 600 young women, high school graduates, have received 15 months of initial training in family planning, health, methods of working with village familes, etc. This training has been financed by the government and has been conducted in several "Institutes" in different locations in Pakistan. The girls agree to a minimum of three years' service in villages as members of health and family planning teams. Part of the training has included a period of supervised field experience in a village. In-service training takes place at regular intervals. Dr. Khan believes this has been a highly successful program. She indicated that most of the young women have developed a real commitment to the work and sincere interest in the program and in the families. Some resistance has been met, due to cultural factors in a Muslim country. But Dr. Khan indicates this resistance is largely from the older generation and particularly the mother-in-law. Mrs. Amjad Ali and some of the Karachi College faculty have assisted in the training programs through lectures in nutrition and other aspects of home economics.

Dr. Khan indicates strong support for the contribution which might be made by home economists in training programs for family planning workers. She also reported that she had employed several professional home economists for the institute training and that they have been very effective teachers.

Mr. Muhammed Ali, Director of Education, Karachi

Mrs. Amjad Ali discussed the Project possibilities with Mr. Muhammed Ali. He voiced no opposition and made several suggestions regarding procedures to secure approval.

Mr. Maqbool Ahmed Sheikh, Deputy Secretary, Family Planning Division

Mr. Ahmed Sheikh has responsibility for some educational aspects of family planning and population. He expressed interest in home economics involvement and opened the doors to further communication with Dr. Amjad Ali and other home economists. Seminars in family planning and population education are being initiated through his office. He will inform Mrs. Amjad Ali so home economists may also be included.

*I would recommend continued contact with Mr. Ahmed Sheikh. He seems supportive of home economics and would probably assist efforts related to family planning and population education.

Dr. Stephen Thomas, USAID, Maternal & Child Health

There are a large number of maternal and child health centers organized at the district level in Pakistan. The potential exists for an effective delivery of services and contact with women during and following child bearing. However, the centers are severely understaffed due to lack of government appropriations since the crisis situation in Pakistan. Regarding possible employment opportunities in the future for home economists in such centers, Dr. Thomas thought, with some additional in-service training, the college graduates would be well equipped to work with families through the Centers.

A study team, part of a project in several developing countries, will soon be in Pakistan to study the ways by which the delivery of services -- nutrition, health and family planning -- may be more closely coordinated and interrelated.

*Recommend finding out more about this study and keeping in touch with developments, recommendations and reports.

Mr. William McIntyre, USAID, Chief, Food and Nutrition Division

Mr. McIntyre discussed briefly the textbook which is being prepared for teaching nutrition to women at the village level in Pakistan. It is based on the Unani folk medicine beliefs about food and moves from this to teach village women, from the point where they are in understanding, to basic food habits and nutritional needs for the well-being of the family. A proof copy was given to AHEA Project.

The study to be made relative to the integration of the delivery services in nutrition, health and family planning was discussed. Mr. McIntyre has been in the USAID Mission in India and provided a copy of a study he initiated in India on Home Economics and Nutrition in India. This provides basic information about the home economics colleges in India with addresses, type of program, degrees offered, number of students enrolled, etc. This is an important publication, as we know of no other source where this information is available.

*Mr. McIntyre suggested there might be an opportunity for him to assist in a survey related to the graduates of the home economics colleges in Pakistan, where they are located, employment, etc. This would seem to be very desirable, as such a study might begin to mobilize the home economists in Pakistan--a potentially large resource of "woman power"--to become more involved in the welfare of families.

Mr. Abdul Ali Khan, OSD, Ministry of Education

Mr. Ali Khan seemed to be quite familiar with the three colleges of home economics and the relatively large number of students enrolled each year. He appeared supportive of their program but expressed a desire to see more young women become involved in village programs where there is tremendous need to improve conditions for families.

*Mr. Ali Khan suggested that the Home Economics Colleges might be able to provide students with the opportunity for field experience -- living and working in a village for a period of time. He indicated that it would be desirable for several young women to be together and that supervision should be carefully planned in order to provide support for them in the village situation. One comment he made was that he would like to see home economics students more concerned about the welfare of families. They could really make an impact on national life for Pakistan.

With these concerns, Mr. Ali Khan was very receptive to the possibility of the home economics colleges participating in the AHEA Family Planning Project. He outlined the procedure for securing government approval:

(1) After discussion with Mrs. Amjad Ali a letter should come from AHEA to:

Mr. Q. U. Shahab
Secretary to Government of Pakistan
Ministry of Education and Provincial Coordination
Central Secretariat
Islamabad.

(2) Copies to be sent to:

Mr. Abdul Ali Khan
Dr. Zahida Amjad Ali
Mr. Robert Y. Grant

This letter is to contain a brief outline of the Project activities, some suggested possibilities for Pakistan involvement and recommendations for procedure and the request for approval.

Mr. Ali Khan strongly believes in all four provinces benefiting from such a project.

*Therefore, a planning committee should include representatives from each of the four provinces. Any activities planned such as a conference or workshops should include participants from the four provinces.

*Mrs. Amjad Ali supports this approach and plans to write to key home economists in the provinces to begin to inform them and discuss possible plans for action.

Mr. Robert Y. Grant, Assistant Director for Health and Family Planning
USAID, Islamabad

Mr. Grant was exceedingly helpful in providing information about population and family planning in Pakistan, suggesting persons to see and making appointments with them, transportation and particularly in his expressed interest in the AHEA Family Planning Project.

Many family planning activities are at a standstill now and have been for the months since the change of government.

The Family Planning Council of Pakistan has been a semi-autonomous body, but related to the Minister and Secretary of Health, Social Welfare and Family Planning. The Chairman and Vice Chairman of the Council report to the Minister and Secretary. There is a possibility that the Council will be placed under the Minister of Health, Social Welfare and Family Planning. There are at present controversial feelings about the proposed structure.

Mr. Grant indicated that there is very little population education as yet. A small group or committee is beginning to work in the social science area at Karachi University and similar beginnings are appearing at the Punjab University, Lahore.

The Continuous Motivational System (CMS) seems to be a basic pattern established for the family planning program in Pakistan. The Pilot Project was at Sialkot with a second project at Peshawar. In 1971, five additional area projects started and in 1972 two more.

The basic administrative unit in the CMS is the District and involves teams of men and women (preferably married) to reach and work with "target couples" in the District. Supervision of the teams is organized through a Family Planning Officer (usually a college graduate). This system is described fully in the USAID publication of June, 1972, The Continuous Motivation System for Delivery of Family Planning Services (Sialkot System).

Another activity of importance to family planning and population education is the Training, Research Evaluation Center (TREC) at Lahore.

*The possibility of an "Awareness" Conference for Pakistan home economists was discussed with Mr. Grant. He reacted favorably to the idea and suggested that his office might be able to assist with such a conference.

*Mr. Grant indicated it would be important to include the Peshawar College as well as Karachi and Lahore.

*In discussing in-depth training for a few key home economists in Pakistan Mr. Grant suggested that the Government Affairs Institute in Washington might be approached to assist in providing a population and family planning short course for home economists from various developing countries.

SUMMARY:

This consultation in Pakistan proved to be a very profitable visit in terms of moving in the direction of home economists participation in the AHEA Family Planning Project. Mrs. Amjad Ali is enthusiastic and there seemed to be support from persons with whom we talked. Recommendations have been starred and underlined in the text of the report. I believe the door has been opened for action. The first step to be recommended may be a combined field survey and an awareness conference to be held in the spring (March or April).

Immediate steps will be taken by Mrs. Amjad Ali to contact key home economists and AHEA will write a letter with a brief outline of proposals and requesting Ministry of Education approval.

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Marjory Wybourn

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